

# **LIRNGHING-A TIH TUR LEH TIH LOH TUR**



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## Lirnghin hmain

- Ceiling-a thil khai (fan, light etc.) te chu a nghet em tih check ngun.
- Ceiling leh bang ah te khi a awm chuan siamthat zung zung
- Banga thil tar te nghet taka tihbeh
- Chhuar-a thil remin a rit leh lian apiang a hnuaia dah hmasak.

## Lirnghin hmain

- ▶ Chhwar chhunga thil rit, lu-zawl (head level) aia sanga dahte chu dahsawn vek tur a ni.
- ▶ Thlalak frame, darthlalang etc. rit tham te chu khum, thutthleng hnaih lo ah nghet taka khai/dah.
- ▶ Electrical wiring dik lo leh gas leak te hi kangmei thlentu a nih theih avangin check ngun a, a dik loh chuan siamthat vat.



## Lirnghin hmain

- ▶ Bungbel keh thei te, kang thei thil te chu uluk taka chhuar hnuailama dah.
- ▶ Inchhung leh pawnah hmun him (safe place) hriat lawk:
  - ▶ Khum leh dawhkan nghet/chak tha
  - ▶ Inchhung bang dep
  - ▶ Darthlalang, tukverh, thlalak frame etc. - darthlalang keh thei atanga him
  - ▶ Furniture rit min delh thei lak atanga hla tawk tak
  - ▶ Pawnah: In, thing, phone leh electric line, flyover etc. min delh thei atanga hla tawk tak

## Lirnghin hmain

- A tluk a kalna dal thei tur chi chhuar leh furniture dang te kawngka bula dah loh
- Emergency phone number (police, hospital, doctor) pawimawh neih
- Chhungkaw member te nena inbiakpawh dan tur (Communication Plan) ruahmanna neih lâwk.
  - A bikin naupang school kal rual neite tan
- Chhungkuain Contact person intawm neih.
- Chhungkaw member leh thenrual te zirtir



# Lirnghin lain

## 1. Inchungah:

- ▶ Pawna tlanchhuah loh tur.
- ▶ Drop-Cover-Hold.
  - ▶ Dawhkan emaw, furniture dang nghet/chak tha tak hnuaia loh tur.
  - ▶ Chutiang a awm lo a nih chuan inchung ril hmun kil hnai berah.
- ▶ Darthlalang, tukverh, in bang, kawngka bul ah te awm loh tur





# Lirnghin lain

## 1. Inchhungah:

- ▶ Khuma mut laia lir a nghin chuan lukham hmang emaw a lu ven a, khumah awm tur (nangmah delh theitu tur thil rit tla thei a awm loh chuan)
- ▶ A him zawk beisei vangin in kailawn lamah tlan suh, hmun zawl aiin chhiatna a thleng duh zawk.

# Lirnghin lain

## 2. Pawnah

- I bulhnaiah building, thingkung, street light leh wire nangmah delh thei tu a awm chuan chetsawn tur.
- Lirghing vanga thi leh hliam tam ber chu in bang chimin a delh te, thil tla in a delh te, darthlalang keh them in a fuh vang te a ni.
- Hmun awl (open space) a awm chuan a nghin chung chu chetsawn loh tur.

# Lirnghin laiin

## 3. Motor flan lai chungga awmin

- ▶ Thing, building, hrui inzam hnawk leh lei hnuaih te motor tihdin loh tur.
- ▶ A him chinah a theih anga ranga tihdin tur.
- ▶ Lirnghing a tawp hnu chuan zawi muanga kalin, lirnghingin a tihchhiat hrang hrang heng - kawng, lei etc. te chu pumpelh hram tum tur.

# Emergency Kit

- Battery hmang torchlight (extra battery nen)
- Battery hmang radio
- First aid kit and manual
- Emergency food (dry items)
- Tui (packed and sealed)
- Nawalh leh Bati (candles) – a bawm waterproof ah
- Chemte
- Tui tihthianghlimna chlorine tablets
- Can opener (Sanghatin etc. hawnna).
- Damdawi pawimawh zual
- Pawisa leh card (ATM card, credit card etc.)
- Pheikhawk khawng leh lian/chak tha tak

## In tlusawp/hnawk kara i tân in

- Nawalh emaw, lighter emaw hman loh tur (kangmei a tichhuak palh thei)
- Vawikhatah chet vak loh tur (mi a tihchauh hma bakah vaivut/khu a siam duh)
- Rawmawl/puan hmangin ka tuam/khuh tur.
- Chhanchhuah hna thawktuten an hmuh theih nan che i bulhnaia pipe emaw, bang emaw kik/vaw ri la, whistle a awm phei chuan hmang tangkai ang che.
- Au vak hian vaivut/khu hlauhawm hip luh theih a nih avangin a tul tawpah lo chuan au vak loh tur.

## Points to remember

- ▶ Lirnghin laiin inchhung atanga pawna tlanhhuah a him lo zawk fo.
- ▶ Lirnghin chhung hi second tlemte a ni a. Lirnghing vanga lei chhungril insiamtha in 'aftershock' a siam fo. Fimkhur zui a ngai.
- ▶ Lirnghingin gas pipe te, electric wire te a tichhe thei a, a him ve leh enfel vat tur a ni.
- ▶ Chiai loh



**THANK YOU**